



Kicking News



9831 – 45 Ave, Edmonton, (780) 413 – 4009

www.elite-tkd.com

January 2007 Happy New Year !!



Instructor's Corner

"The world is like a mirror; frown at it, and it frowns at You. Smile and it smiles, too."

Change is good. Change invites us to grow, encouraging us to experience new things, welcome new people into our lives, and ultimately change frees us from the mundane.

Many people are not comfortable with change, preferring that every day be much like the rest. There are even people who may be miserable, yet reluctant to change. And, some people are actually afraid of change.

Still, regardless if we like it or not, change happens. As Buddha said, "change is the only constant." So, if change is coming, whether we're ready or not, it behooves us to accept change, even embrace it. Changing your relationship to change can greatly enhance your life, opening up new possibilities and challenging you to become a more open minded, interesting, and positive person.

To begin accepting and welcoming change in your life, start by expanding your comfort zone and making small daily changes. Here are some ideas to help you get started.

* Take a new route to work or school, perhaps even a new mode of transportation; take the bus, carpool, bike, even walk if possible.

* Eat new foods. You could try a different food every day; ethnic dishes, a fruit you've never tasted, a new drink.

* Everyday, make an effort to talk to a stranger, even if only to say hello.

* Wear different kinds of clothes. Try a color you never wear, buy a hat, some fun sunglasses, colorful socks, impractical shoes.

* Rearrange the furniture.

* Take a class in something you know nothing about; Latin American studies, Taekwondo, book binding.

* Try a new hairstyle; curl or straighten your hair, change your part.

* Don't watch TV for a day.

* If you drink coffee every morning, try tea, hot cocoa, juice, or hot water.

* Shop at a different grocery store.

* If you always shower, take a bath. If you always bathe, take a shower.

By taking baby steps in creating change in your life you have chosen to take action, and thereby declaring to the universe that you are ready for change. What changes will you make today?

Steve"Sir"

Happy New Year

UPCOMING EVENTS

January 2007

January 12 – Black Belt Candidate Meeting
7:30pm

January 20 – Teen FAST Defence Seminar
2:45pm

January 21 – Referee Seminar – 12:00pm-
4:00pm (Cost \$30 including manual)

February 2007

February 9 – Elite Edmonton Promotion
Test

February 10 – 2007 Chun's Memorial
Championship Concordia University
College 7128 Ada Boulevard, Edmonton

Black Belt Candidate Meeting:

Friday January 12th- Time: 7:30 pm (Black Stripe Class)

Anyone who is Black Stripe Level or above and is serious about testing for their Black Belt is encouraged to attend. Parents and/or Guardians are also encouraged to attend this meeting.

Information needed to prepare, as well as expectations of Candidates, will be discussed as you prepare for your Black Belt Test. This will be the time to ask any questions you may have.

Let me know if this is a suitable time or if it conflicts with any promo test. I want to ensure that those testing, and their parents, have the information they need for testing. It will also allow me to confirm who is serious about going.

Steve "Sir" and Alaine "Maam"

Referee Seminar

Elite Taekwondo will be hosting a Referee seminar on **January 21st** from 10:00am – 4:00pm. This seminar will be open to any student 12 years old and over. It will cover the rules and regulations of Olympic Sparring. This seminar is recommended to all students who are interested in competition, whether it is competing, refing or as an interested parent.

All Black belts that refereed at the last interclub tournament will be able to participate for no charge.

January Offer

Have you sat on the sidelines and watched your child in class?

Have you wondered if martial arts are for you?
NOW is your chance!!!

For the Month of January, Elite Taekwondo is allowing all parents and friends of Elite TKD to train in a special beginner's only class.....for free!

YES FOR FREE!!!!

We believe that the families that train together stay together and training together builds bonds for life.

So take advantage of this offer today and start building yourself stronger mentally and physically.

And literally start 2007 off with a kick!!

See the office for more details

Elite Taekwondo Birthday Parties



Don't forget that we offer children's Taekwondo birthday parties!

The Elite Taekwondo birthday party is a special gift to your child and his or her friends. This fun party introduces the children to the tradition and discipline of Taekwondo. This is a visit to a real Taekwondo school, with a real Taekwondo instructor. The party will excite and delight children and parents. It is an authentic Taekwondo class taught at the level of the birthday group, with the birthday child assisting the instructor in what is a safe and fun time. There is ample time for games, gifts, and refreshments.

Please see Chris Zuk in the office for more details or call her at 413-4009.